



Shore Health

Long Beach Island
Health Department

Summer 2017

Summer health and safety: 4 mistakes you don't want to make



Mistake #1: Inviting bacteria to your back yard barbecue.

One in six Americans are sickened and 128,000 are hospitalized each year due to foodborne illnesses, according to the CDC. What's more, food poisoning peaks in the summer months when warmer temperatures provide a breeding ground for germs to flourish. Keep your family and guests safe by taking extra precautions like washing hands and prep surfaces immediately after they have touched raw meat or poultry, cleaning grill surfaces with a moist cloth before cooking, and discarding marinades and sauces that have come in contact with raw meats. Finally, use a food thermometer to ensure grilled meats have reached the proper internal temperature to kill harmful bacteria. Learn more at www.cdc.gov/foodsafety/communication/bbq-iq.html



Mistake #2: Not drinking enough liquids.

People can get dehydrated any time of year, but it's much more common in the summer months, when they are active outdoors in the warm sun. Heatstroke is the most severe form of dehydration. That's when your internal temperature rises to dangerously high levels. Your skin gets hot, but you stop sweating. Someone with heatstroke may pass out, have hallucinations, or suffer seizures. Preventing dehydration and heatstroke couldn't be easier: Drink plenty of fluids, especially water, take regular breaks in the shade, and try to schedule your most vigorous outdoor activities for times when the heat isn't so strong, such as early morning or late afternoon. For persons suffering more serious dehydration or heatstroke, get them indoors, have them lie down, and cool them off with ice packs and cool cloths. Someone who is seriously affected by the heat may need intravenous fluids in the ER.



Mistake #3: Relying on sunscreen alone for total protection.

Sunscreen does not protect you completely from the sun. The rest of the work — wearing a hat, sunglasses and protective clothing and avoiding the sun during the most intense hours — is up to you. Remember, too, that sunscreen isn't a free pass to spend the day baking in the sun. If you are going to be swimming, sweating or in the sun for more than two hours, you will need to reapply your sunscreen. And don't forget to protect your lips: apply a lip balm or lipstick that contains sunscreen.



Mistake #4: Not leaving fireworks to the professionals.

July 4 brings warm weather, family events and fireworks. Attending public fireworks displays done by professionals is the only option in the state of New Jersey. Personal use of fireworks of any kind are illegal in New Jersey. If not handled properly, fireworks can cause burn and eye injuries in kids and adults. The best way to protect your family is not to use any fireworks at home. Attend public fireworks displays, and leave the lighting to the professionals.

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Websites of interest:

Summer Safety
www.weather.gov/wrn/summer-safety

Sun Safety Alliance
www.sunsafetyalliance.org

Avoid Getting Caught in a Rip Current
www.ripcurrents.noaa.gov

Current Beach Status
www.njbeaches.org

Rethink Your Drink
www.rethinkyourdrinknow.com

Gardasil9-HPV Vaccine
www.gardasil9.com

Environmental Working Group
www.ewg.org

NeedyMeds
www.needymeds.org

National Stroke Association
www.stroke.org

American Stroke Association
www.strokeassociation.org



Fight the Bite

Spending time together outdoors is good for the whole family. Don't let bug bites ruin your fun. Most bug bites are harmless, but some mosquitoes and ticks carry diseases. The good news is that you can take easy steps to protect yourself and your family from mosquito and tick bites.

Keep mosquitoes away from your home-Many mosquitoes lay their eggs in standing (still) water. To help keep mosquitoes away:

Empty water from unused or forgotten items (like old tires, buckets, or toys) in your yard. Turn them upside down so water can't collect in them.

Don't let water sit in the bases of flower pots.

Change the water in your kids' wading pool at least once a week. Be sure to store the pool on its side.

Keep ticks away from your home-Many types of ticks live in areas with woods, bushes, or high grass. Animals like mice, dogs and deer may also carry ticks in their fur. To help keep ticks away from your home:

Clear bushes, tall grasses, and fallen leaves from around your home. Mow the lawn often.

Use wood chips or gravel to separate your patio or play equipment from wooded or brushy areas.

Remove plants that attract deer, and put up a fence to keep deer out of your yard.

Consider applying tick control products to your yard. You can do this yourself or hire a pest control company.

Use bug (insect) repellent.

What type of repellent do I need?

To avoid tick and mosquito bites, use a spray or lotion with DEET, such as Off! or Cutter. You can also look for repellents with picaridin, such as Skin So Soft Bug Guard Plus; oil of lemon eucalyptus such as Repel (do not use on children under 3); or IR353, such as Skin So Soft Bug Guard Plus Expedition.

It's a good idea to use sunscreen when you are outside, but get a separate sunscreen lotion. Don't use bug repellent that has sunscreen already mixed in.

Use a spray with permethrin on your clothes, shoes, and camping gear to repel ticks and mosquitoes. Never use permethrin directly on your skin.

Use a veterinarian-approved tick collar or spot-on repellent on your pets. Dogs and cats need different tick control medicines, so make sure to get the right one.

How do I use bug (insect) repellent?

Apply sunscreen first, then put on bug repellent.

Spray it on your clothes or on exposed skin before you go outside.

Don't spray repellent directly on your face. Instead, use your hands to carefully rub it on your face.

Don't use repellent on babies under 2 months old.

Wash repellent off skin with soap and water when you go inside.

Cover up-Wear long pants, shirts with long sleeves, and socks. Cover up your skin so that it's harder for mosquitoes and ticks to bite you. This is especially helpful in the morning and evening when many mosquitoes often bite.

Take a shower after being outside in an area that might have ticks. A shower can help get ticks off of you and lower your risk of disease. Try to shower within 2 hours of going back inside.

Check for ticks after spending time outside – even in your yard-Check everybody in the family, including pets. Check the entire body, especially: under the arms, in and around the ears, behind the knees and in the groin (crotch), around the waist and inside the belly button, in and around hair

Treat Tick Bites

Use tweezers to remove a tick as soon as you see it: Grab the tick near its head or mouth (the part closest to your skin). Gently pull the whole tick straight out. Be careful not to crush or twist the tick.

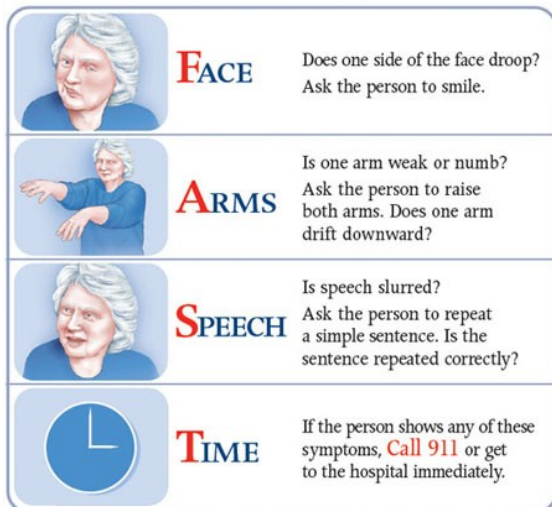
Wash your hands and the bite with soap and water.

Do not use nail polish, Vaseline or heat to remove a tick.

Tell the doctor if you get sick after a tick bite. If you or your child gets a rash or fever after getting bitten by a tick, call the doctor. Tell the doctor about the tick bite, when it happened, and where you think you were when you got the bite.

Source: U.S. Department of Health and Human Services

STROKE is an Emergency.
Every minute counts.
ACT F.A.S.T!



Act FAST!

Every 40 seconds, someone in the US has a stroke. It could happen in your home, at your workplace, at the supermarket where you shop. Your readiness to spot the stroke warning signs and call 911 could save a life or make a difference between a full recovery and long term disability. That's why it's so important to learn the stroke warning signs and urge everyone you know to do the same.

A stroke is basically a "brain attack" that occurs when blood flow to the brain is interrupted by a blood clot or broken blood vessel. A stroke can happen to anyone at any time! A common mistaken belief is that only "old people have strokes." That isn't the case; a stroke can happen to anyone at any age, regardless of physical shape, race or gender.

The symptoms of a stroke include:

- SUDDEN numbness or weakness of face, arm or leg, especially on one side of the body
- SUDDEN confusion, trouble speaking, or understanding
- SUDDEN trouble seeing in one or both eyes
- SUDDEN trouble walking, dizziness, loss of balance or coordination
- SUDDEN severe headache with no known cause

FAST is an easy way to remember and identify the most common symptoms of a stroke. Recognition of stroke and calling 9-1-1 will determine how quickly someone will receive help and treatment. Getting to a hospital rapidly will more likely lead to a better recovery.

Use the letters in **FAST** to spot stroke signs: **F**ace drooping, **A**rm weakness, **S**peech difficulty, **T**ime to call 911. If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and say, "I think this is a stroke" to help get the person to the hospital immediately. Time is important! Don't delay, and also note the time when the first symptoms appeared. Emergency responders will want to know. Unsure? Call 911 anyway. Don't wait!

There's an app for that!



The American Heart Association developed the F.A.S.T. app, available in English or Spanish from iTunes and from Google Play, as part of a stroke campaign with the Ad Council. It is a simple tool to help spot the symptoms of a stroke, and includes information about stroke, instructions for how to spot a stroke F.A.S.T., a stroke symptoms video and other helpful resources.

New Jersey Register Ready



New Jersey's Special Needs Registry for Disasters allows New Jersey residents with disabilities or access and functional needs and their families, friends, and caregivers an opportunity to provide information to emergency response agencies so emergency responders can better plan to serve them in a disaster or other emergency. The information collected is confidential and is not be available to the public. The information is only used for emergency response and planning.

To register go to: www.registerready.nj.gov



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*The Long Beach Island Health
Department is the branch of local
government responsible for
protecting and promoting the health of
the residents of:*

*Long Beach Township
Beach Haven
Ship Bottom
Surf City
Harvey Cedars
Barnegat Light*

*The Public Health activities and
programs include services for
individuals and their families, as well as
for the environment in which we live,
work, and play.*



Public Health
Prevent. Promote. Protect.

Summer Events

BE SUGAR SAVVY AND SUN SAFE

July 12, 10:00
Bayview Park
Brant Beach

Come see how much sugar is in your summer drinks and learn some delicious alternatives to stay sugar savvy! Take a peek inside the Dermascan machine to see how the sun affects your skin and learn tips to stop further damage.

10th Annual Choose Your Cover

Free Skin Cancer Screening

Wear your bathing suit or beach attire.

When: Saturday, July 15-10:00AM-2:00PM

Where: 20th Street Beach End in Ship Bottom

*The Ocean Monmouth Health Alliance received the
2017 Population Health County Coalition Hero Award
for NJ Choose Your Cover !*

Dr. Jan Astin Mobile Digital Mammography Van

Thursday, July 20

To make an appointment call (609) 677-XRAY (9729)
Most insurance plans accepted. Funds are available to provide
mammograms to women without insurance coverage.

National Night Out – FREE Police Community Fun Night

Tuesday, August 1, 5:00 PM-9:00PM

Bayview Park, Brant Beach

Concerts, activities, demonstrations, food and drink
Long Beach Township and Stafford Township Police Departments
will be on hand along with area community services.



August is National Immunization Awareness Month (NIAM) The goal of NIAM is to increase awareness about immunizations across the lifespan, from infants to the elderly. August is an ideal time to make sure everyone is up-to-date on vaccines before heading back to school and to plan ahead to receive flu vaccine. Getting vaccinated is an easy way to stay healthy all year round. During the month of August, take the time to make sure that you and your loved ones have received all of the vaccinations you need. By making sure your vaccinations are up to date, you can help prevent harmful diseases from affecting you and your family.

For more information go to: www.vaccines.gov